Wilmot (Merrimack)

TUFTS
Health Plan
F O U N D A T I O N

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	MARGIN OF ERROR[2]	STATE ESTIMATE	MARGIN OF ERROR[2]
POPULATION CHARACTERISTICS					
Age-sex adjusted 1-year mortality rate	B	2.4%	[0.99% - 3.88%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		71.7%	[67.23% - 76.10%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity		26.4%	[21.62% - 31.13%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		59.6%	[54.26% - 64.88%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities		20.1%	[15.76% - 24.39%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		70.6%	[66.26% - 75.03%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		11.2%	[8.63% - 13.84%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture		4.0%	[3.12% - 4.86%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		18.1%	[14.47% - 21.72%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		13.5%	[10.20% - 16.74%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		84.8%	[81.54% - 88.14%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		40.7%	[34.84% - 46.59%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		60.6%	[55.62% - 65.57%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		78.0%	[73.23% - 82.81%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		94.1%	[91.70% - 96.56%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years		76.7%	[71.52% - 81.92%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		73.1%	[68.64% - 77.52%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		13.1%	[9.92% - 16.36%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		7.4%	[5.03% - 9.72%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth		32.8%	[28.12% - 37.48%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam		73.2%	[69.17% - 77.29%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		18.2%	[14.27% - 22.19%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		31.5%	[26.65% - 36.42%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese		16.5%	[12.93% - 20.05%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol		69.8%	[65.51% - 74.15%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		8.2%	[5.57% - 10.86%]	9.2%	[8.45% - 9.94%]

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	MARGIN OF ERROR[2]	STATE ESTIMATE	MARGIN OF ERROR[2]
BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month		5.6%	[3.68% - 7.60%]	6.9%	[6.29% - 7.61%]
% 65+ with depression		25.6%	[21.61% - 29.62%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders	B	15.3%	[11.94% - 18.74%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders		2.3%	[1.54% - 2.97%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder	B	0.7%	[0.33% - 1.15%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders	B	2.8%	[2.08% - 3.54%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders		0.8%	[0.34% - 1.21%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.1%	[2.20% - 5.96%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders	B	6.7%	[4.21% - 9.22%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias		10.5%	[7.72% - 13.31%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes	B	19.4%	[15.64% - 23.07%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke		9.1%	[6.53% - 11.71%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease		17.9%	[14.40% - 21.42%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma	B	10.1%	[7.29% - 12.86%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension	B	62.8%	[58.28% - 67.36%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack		5.9%	[3.79% - 8.09%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease		34.2%	[29.68% - 38.73%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure	B	13.7%	[10.50% - 16.85%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation		13.4%	[10.30% - 16.46%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease		13.0%	[9.80% - 16.10%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis		47.6%	[42.76% - 52.40%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis		16.4%	[13.07% - 19.76%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas	W	4.6%	[3.60% - 5.52%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer	B	0.9%	[0.43% - 1.27%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer		2.3%	[1.61% - 2.95%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer		7.5%	[4.26% - 10.82%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer		1.5%	[0.77% - 2.24%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer		11.8%	[7.58% - 16.03%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia	W	47.9%	[41.10% - 54.75%]	36.8%	[36.47% - 37.14%]
% 65+ with HIV/AIDS		0.05%	[0.02% - 0.08%]	0.05%	[0.04% - 0.06%]
% 65+ with hypothyroidism		17.8%	[14.27% - 21.27%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia		33.6%	[29.31% - 37.97%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease	B	16.6%	[13.09% - 20.02%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases	B	4.6%	[2.66% - 6.58%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue		16.0%	[12.59% - 19.47%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache		4.9%	[3.88% - 5.94%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy		1.5%	[0.91% - 2.07%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury		1.1%	[0.57% - 1.54%]	1.1%	[1.06% - 1.16%]

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	MARGIN OF ERROR[2]	STATE ESTIMATE	MARGIN OF ERROR[2]
% 65+ with autism spectrum disorders			N/A	0.03%	[0.02% - 0.04%]
% 65+ with glaucoma		21.1%	[17.39% - 24.90%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract		65.0%	[60.50% - 69.51%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		5.3%	[3.25% - 7.33%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions	B	46.2%	[41.62% - 50.85%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		11.5%	[8.40% - 14.53%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.1%	[7.31% - 12.97%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	[0.23% - 0.88%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments	B	2.1%	[1.47% - 2.80%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees		6.5%	[4.43% - 8.52%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid	*	5.0%	[3.22% - 6.85%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		94.3%	[92.11% - 96.48%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		4.5%	[2.77% - 6.18%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year	*	4.4	[3.9 - 4.9]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year		467	[364 - 570]	572	[566 - 578]
Part D monthly prescription fills per person per year	*	44.6	[40.8 - 48.5]	49.1	[48.9 - 49.3]
Home health visits per year		1.9	[1.2 - 2.7]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year		1.6	[1.2 - 2.0]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year		186	[134 - 238]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		14.8%	[6.90% - 22.65%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year		69	[34 - 104]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports	*	2.2%	[0.95% - 3.37%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month		76.5%	[72.56% - 80.42%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		72.2%	[67.81% - 76.57%]	77.1%	[76.02% - 78.18%]

Notes. [1] Community-state differences where the margin of error do not overlap each other are noted B, W, or *.

[2] All community and state margins of error are 95% confidence intervals.

[3] The margin of erroe of the estimate is larger relative to the indicator value for current smokers, excessive drinking, 15+ days poor mental health last montth, and did not see doctor when needed due to cost.

Questions or suggestions? Beth.Dugan@umb.edu